

## SUFFERED ALL A WOMAN COULD

Mrs. Meyer Finally Found Relief and Health in Lydia E. Pinkham's Vegetable Compound

Orange, Cal.—"I always feel very grateful to you, as some twenty years ago three doctors said I had to have a serious operation. I had a tumor, and ulcers which would gather and break. I had displacement so badly that I could hardly sit down at times, and it seemed as if I suffered everything that a woman could suffer. Then some one advised me to take Lydia E. Pinkham's Vegetable Compound, and I took it until I was cured and saved from the operation. I have told women of your wonderful medicine times without number, and I am willing that you should use these facts and my name if you like. I also used your Compound during the change, and I can do all my own work but the heavy part, and can walk miles every day as I help my husband in the office."

—Mrs. J. H. Meyer, 412 South Orange St., Orange, California.

It is quite true that such troubles as Mrs. Meyer had may reach a stage where an operation is the only resource. On the other hand, a great many women have been restored to health by Lydia E. Pinkham's Vegetable Compound.

**Better Than Pills For Liver Ills.**

NR Tablets tone and strengthen organs of digestion and elimination, improve appetite, stop sick headaches, relieve biliousness, correct constipation. They act promptly, pleasantly, mildly, yet thoroughly.



**More to the Point.**

The old lady could not help going to sleep during the sermon, and when the minister called upon her, he could not refrain from commenting upon the fact.

Aware of one of her habits, he said: "Why don't you take snuff during the sermon?"

"Ah!" she retorted. "Why don't you put snuff in your sermon?"

## Are You A Rundown Nervous Woman?

If You Are, What This Woman Says Is Most Important to You.

Urbana, Ill.—"I have taken Dr. Pierce's Favorite Prescription when in a run-down, nervous condition and have been greatly benefited. I consider Dr. Pierce's Favorite Prescription an unusually good tonic and nerve and highly recommend it."—Mrs. G. W. Hartmen, 1013 W. University Ave.

Beauty and Health go hand in hand. Do not neglect the most valuable asset you have. Go to your neighborhood drug store and get Favorite Prescription in tablets or liquid. If you are troubled write Dr. Pierce, president Invalids' Hotel, in Buffalo, N. Y., and receive good medical advice in return, free of all expense.

## SLOW DEATH

Aches, pains, nervousness, difficulty in urinating, often mean serious disorders. The world's standard remedy for kidney, liver, bladder and uric acid troubles—



bring quick relief and often ward off deadly diseases. Known as the national remedy of Holland for more than 200 years. All druggists, in three sizes. Look for the same Gold Medal on every box and accept no imitation.

## Cuticura Soap Complexions Are Healthy

ARE YOU SICK? RADIUM KILLS disease. Try Radio Health Pads. \$5.00. Guaranteed. Radio Laboratory, Toyah, Texas.

W. H. U., ST. LOUIS, MO. 51-1921.

**Too Bright.**

She—Once you called me the light of your life.

He—You go out too much.

**MURINE**

Night and Morning. Have Strong, Healthy Eyes. If they Tingle, Itch, Smart or Burn, if Sore, Irritated, Inflamed or Granulated, use Murine often. Refreshes. Safe for infant and adult. At all druggists. Write for Free Book. Murine Eye Remedy Co., Chicago.

## ORDINARY FIELD CROPS BENEFIT FROM PROTECTION OF WINDBREAK



Red Cedar Windbreaks.

(Prepared by the United States Department of Agriculture.)

Whether the total effect of a windbreak is good or bad depends upon whether the benefits derived from its influence are greater or less than the injury resulting from the sapping and shading of the ground nearby. Some crops do better than others when shaded. Seeding crops, such as timothy and alfalfa, are least affected. Grains which develop early in the spring, such as oats and wheat, are most affected, and corn takes an intermediate position.

**Windbreak Sometimes Injurious.**

The old argument that a windbreak uses more ground than it is worth continues to bob up occasionally, supported mostly by farmers who have not investigated carefully. It is admitted, frankly, that the effect of a windbreak is not beneficial in every respect, and that there are ways in which it is quite plainly injurious. Every farmer knows that trees spread their roots extensively to fields seeking moisture; and they take not only the moisture; but some of the nitrogen content of the soil also. But this does not dispose of the question of having or not having a windbreak.

To determine the total effect, crop measurements were made by forestry experts in Nebraska, Kansas, Iowa and Minnesota. Average, rather than exceptional, conditions were used, the object being to discover the effect of those influences which are continuous, and affect every annual crop grown. These measurements convinced specialists of the forest service of the United States Department of Agriculture that the crop gain in fields of small grain, in the protected zone, is sufficient to offset fully the effects of shading and sapping.

In a wheat field protected by a dense windbreak the gain amounted to about ten bushels an acre where the protection was most complete, and gradually became less as the distance from the windbreak increased. The total gain was about equal to the amount of grain that could have been grown on the shaded ground near the trees. The season in which the measurements were taken was not one of high winds, nor did it lack moisture.

In another instance, on the south of an ash and honey locust windbreak, the crop benefited very materially from the accumulation of snow in the

lee, and the conservation of this moisture. Here cultivation was possible within four feet of the trunks of the trees, so that the increased yield of the field, amounting to about fourteen bushels an acre at the highest point, was practically clear gain. The total gain for the whole field amounted to the yield of a strip of ground as long as the windbreak, and three times as wide as its height. Or, had the windbreak, which was 20 feet high, occupied a strip of ground 60 feet wide, the gain in the field crop would have paid the rental on all this ground.

**Extent of Tree Belt.**

The corn crop showed more consistent and marked benefits from protection than any others. In the region concerned the summer winds are almost wholly from the south, so that the only effective rows and belts extended in an east-west direction. The effect on corn was very marked for a short distance on the south side of such windbreaks, and for a much greater distance on the north side.

The effect was visible early in the season, which was rather cool. Height measurements on one field showed the plants to be 4 1/2 feet high in the first 18 rows next to the windbreak, while beyond this protected zone the height was only 2 1/2 feet. This luxuriant growth was still in evidence at the end of the season, and not only produced more fodder, but bigger and heavier ears. The field showed a production of 59 bushels to the acre in the protected part, and only 41 bushels in the exposed area. The net gain, including the area shaded by the trees, was equivalent to the yield of a strip twice as wide as the height of the trees, which were 38 feet high. The increased yield paid, then, for a strip 76 feet wide. The windbreak happened to be wider than this, but need not have been to afford the same amount of protection.

With ordinary field crops the farmer may come on a benefit from windbreak protection which will compensate for the loss of the area used by the trees. Under Middle West conditions—Illinois, Iowa, Minnesota, Dakota, Nebraska and Kansas—a windbreak whose width does not exceed two or three times its height will more than pay for itself, regardless of the timber it may produce.

## FROST FACTORS FOR POTATOES IN STORE

Jarring and Rough Handling Greatly Increase Injury.

Tubers Freeze More Quickly When Exposed to Rapidly Falling Temperature Than Slow One.—Be Careful in Moving.

(Prepared by the United States Department of Agriculture.)

Jarring and rough handling when at a low temperature greatly increase the damage to potatoes by freezing, according to investigations made by the United States Department of Agriculture. It was also found that potatoes freeze more quickly when exposed to a rapidly diminishing temperature than when the temperature diminishes slowly. There are two general classes of frost-injured potatoes—those frozen solid and subject to collapse immediately on thawing and those that show evidence of injury only on being cut open.

Frost injury seems to be the result of actual ice formation within the potato tissue. It was found that where the temperature of the storage place was reduced gradually it could be carried to several degrees below freezing point before actual freezing took place, and that it was possible gradually to warm the potatoes and restore them to normal without their suffering injury. The actual freezing point of potatoes was fixed at from 2 to 3 1/2 degrees below the freezing point of water.

The effect of jarring upon under-cooled potatoes is considered extremely important to growers and shippers, since under some circumstances it would be entirely possible that a lot of potatoes, or even other products, might be undercooled considerably below the freezing point and escape injury if they remained undisturbed until their temperature was above the freezing point.

## FIND USE FOR WAR BRIDGES

Steel Structures Made for Duty in France Now Being Placed in National Forests.

Sectional steel bridges, easily handled and ready for instant use, which were constructed during the war for use in France, have been turned over by the War department to the bureau of public roads, United States Department of Agriculture, and now are finding profitable peace-time duty on roadways in the national forests, where they are used to span streams in connection with roads built by the bureau in forest areas.

The sections were built in two sizes, one 17 feet 7 1/2 inches long, intended for the ends of the bridge; the other 11 feet 3 inches long and designed for intermediate sections. By combining the two kinds, bridges varying from 35 to 91 feet long can be built. The height of the trusses is 5 feet 11 inches and the bridges when erected have a roadway 11 feet wide.

Along with the bridges there have been turned over to the department great quantities of other material, including motortrucks and automobiles for use in road construction. The bulk of the material has been distributed by the department to the various states, to many of which it has been the means of preventing otherwise inevitable deterioration of their roads during the period of high prices.

## PLANS FOR ICE HARVESTING

Farm Supply Can Often Be Gathered and Stored at Light Expense.—Get Icehouse Plan.

It is time to plan for harvesting and storing the coming crop of ice. The farm ice supply can often be gathered and stored at light expense. Those who have the time and means to build a house with insulated walls should write the Office of Publications, University Farm, St. Paul, for blueprint No. 171, price 10 cents, showing plans for a 10-ton capacity ice-house.

## New Method

Nujol is a lubricant, not a laxative. Without forcing or irritating, Nujol softens the food waste. The many tiny muscles in the intestines can then remove it regularly. Absolutely harmless—try it.



**PISO'S**  
SAFE AND SANE  
for Coughs & Colds

This syrup is different from all others. Quick relief. No opiates. 35c everywhere.

If the farmer is not sharp as a razor he can never succeed.

## ASPIRIN INTRODUCED BY "BAYER" IN 1900

Look for Name "Bayer" on the Tablets, Then You Need Never Worry.

If you want the true, world-famous Aspirin, as prescribed by physicians for over twenty-one years, you must ask for "Bayer Tablets of Aspirin."

The name "Bayer" is stamped on each tablet and appears on each package for your protection against imitations.—Advertisement.

Sorrow often blinds people together.

## The Cuticura Toilet Trio.

Having cleared your skin keep it clear by making Cuticura your every-day toilet preparations. The soap to cleanse and purify, the Ointment to soothe and heal, the Talcum to powder and perfume. No toilet table is complete without them. 25c everywhere.—Advertisement.

The crooked path leads down hill.

## Sure Relief FOR INDIGESTION



25c and 75c Packages, Everywhere

## ABSORBINE

Will reduce Inflamed, Strained, Swollen Tendons, Ligaments, or Muscles. Stops the lameness and pain from a Spill, Side Bone or Bone Spavin. No blister, no hair gone and horse can be used. \$2.50 bottle at druggists or delivered. Describe your case for special instructions and interesting horse book 3 A free.

W. F. YOUNG, Inc., 310 Temple St., Springfield, Mass.

## States and Automobiles.

Pennsylvania leads the Union in the number of passenger automobiles registered, according to a tabulation prepared by the bureau of public roads, United States Department of Agriculture. The total number of such cars registered in Pennsylvania is 557,765. California had only several hundred fewer—557,231. Passenger automobiles in New York are estimated, in the lack of complete information, at 505,642. Other states showing large registrations are Ohio, 547,000; Illinois, 512,541, and Texas, 412,332. Nevada has the smallest number of registrations, 8,688.

## No Impediments.

Nobody knew how old he was, but it was common knowledge that he had received the old-age pension ever since its inception. Yesterday, however, he looked as young as ever, and possibly happier than fifty years ago.

"I'm a-going to be married," was his comment. "And what's more, I'm a-going to be married with the full consent of all the children on both sides."—London Chronicle.

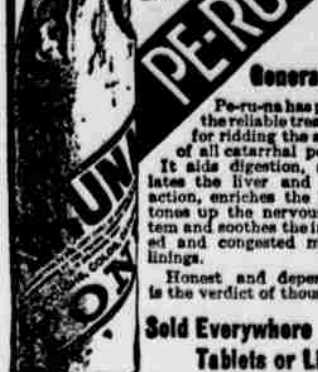
**Heard in a Hall.**

"What is there on your hat that makes you so proud of it?" "The eyes of all the other women."

How lucky is a man if what he likes to do best, also makes money.

## Check that Cold and Get Rid of that Cough

It is dangerous to let them run. A tonic laxative of direct and positive action upon the mucous membrane of the throat and lungs.



**For Two Generations**

Dr. Williams' Pink Pills has proved the reliable treatment for ridding the system of all catarrhal poisons. It aids digestion, stimulates the liver and bowel action, enriches the blood, tones up the nervous system and soothes the inflamed and congested mucous linings.

Honest and dependable is the verdict of thousands.

**Sold Everywhere Tablets or Liquid**

**Judgment Verified.**

"He looks like a fool."

"But, papa, he has asked me to marry him."

"He has? Well, don't ever tell me I can't size up people."—Boston Transcript.

If porous plasters are not beneficial they are at least hole-some.

## Harmless, purely vegetable

Infants' and children's regulator, formula on every label. Guaranteed non-narcotic, non-sedative.

**"Bless Its Heart—It's Happy Now"**

because its healthy stomach digests food properly, and bowels act as they should, after using

## MRS. WINSLOW'S SYRUP

The Infants' and Children's Regulator

It is a real pleasure to give this invaluable preparation—and babies and young children like to take it. Mrs. Winslow's Syrup never fails to overcome constipation and brings remarkably quick and gratifying relief in wind colic, diarrhoea, flatulency and the many other similar troubles. Add a few drops, depending on age, to each feeding, it keeps baby's bowels regular.

It is the best remedy that medical skill has ever devised and endorsed for teething babies, as may be quickly proven by reading the complete formula below which appears on every label.

Senna Sodium Citrate Oil of Anise Caraway Rubarb Sodium Bicarbonate Vanilla Cornstarch Glycerine

At All Druggists

ANGLO-AMERICAN DRUG CO., 215-217 Fulton St., New York

General Selling Agents: Harold F. Ritchie & Co., Inc. New York London Toronto

## WESTERN CANADA Land of Prosperity

offers to home seekers opportunities that cannot be secured elsewhere. The thousands of farmers from the United States who have accepted Canada's generous offer to settle on FREE homesteads or buy farm land in her provinces have been well repaid by bountiful crops. There is still available on easy terms

**Fertile Land at \$15 to \$30 an Acre**

—land similar to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—cattle, barley and grain in great abundance, while raising horses, cattle, sheep and hogs is equally profitable. Hundreds of farmers in western Canada have raised crops in a single season worth more than the whole cost of their land. With such success comes prosperity, independence, good homes and all the comforts and conveniences which make life worth living.

**Farm Gardens, Poultry, Dairying**

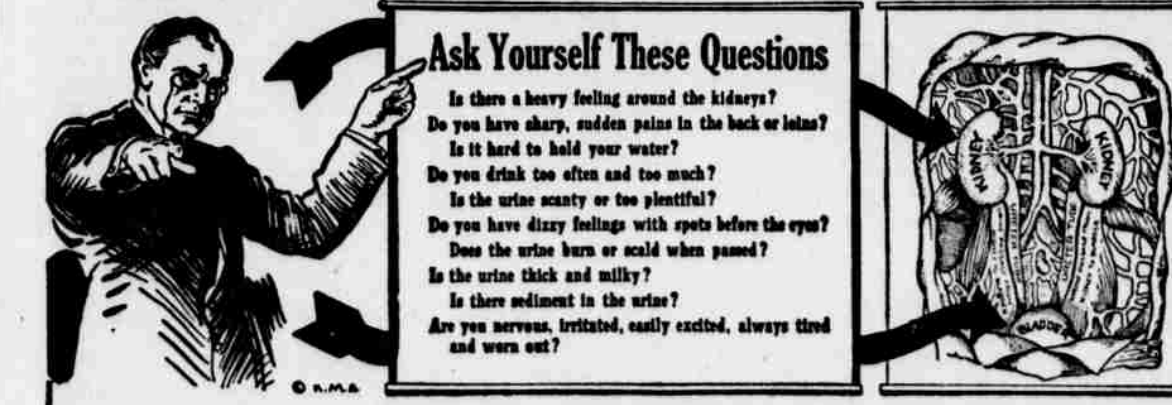
are sources of income second only to grain growing and stock raising. Attractive climate, good neighbors, churches, schools, good markets, railroad facilities, rural telephone, etc.

For illustrated literature, maps, description of farm opportunities in Manitoba, Saskatchewan, Alberta and British Columbia, reduced railway rates, etc., write

F. H. Hewitt, 2012 Main St., Kansas City, Mo. C. J. Broadbent, Room 412, 112 W. Adams St., Chicago, Ill.

Authorized Agent, Dept. of Immigration and Colonization, Dominion of Canada

## THOUSANDS NEVER DREAM THEY HAVE KIDNEY and BLADDER TROUBLE



**Ask Yourself These Questions**

Is there a heavy feeling around the kidneys?  
Do you have sharp, sudden pains in the back or loins?  
Is it hard to hold your water?  
Do you drink too often and too much?  
Is the urine scanty or too plentiful?  
Do you have dizzy feelings with spots before the eyes?  
Does the urine burn or scald when passed?  
Is the urine thick and milky?  
Is there sediment in the urine?  
Are you nervous, irritated, easily excited, always tired and worn out?

Thousands of men and women, young and old, are trying hard to get ahead, to enjoy themselves as healthy, happy people should, to live each day with the hope of a happy tomorrow; but instead, the day's work finds them all worn out, cross, nervous, and with a feeling of "I don't care for anything." They feel miserable all the time, constantly losing flesh, become weak, pale and old looking. The loss of sleep from getting up at night—the frequent passing of urine with a burning, scalding sensation in the bladder and urethra, the constant pain in the kidneys and back have made their outlook on life horrible. Life itself may be in danger. They have kidney and bladder trouble. They have failed to heed Nature's warning. They have gone along blindly and have continued to grow worse and worse.

## Kidney & Bladder Duties

The kidneys are the filtering station of the body. Every drop of blood in the body must pass through the kidneys every two minutes. The wastes and poisons, impurities from the stomach and bowels, the liver and body tissues must pass through the kidneys and be filtered or strained out as urine. Then the urine is passed along the ureters, the tubes leading from the kidneys to the bladder where the urine is stored.

The kidneys are composed of millions of microscopic cells. If trouble is present or the kidneys be overworked or strained, the cells become congested, inflamed, even destroyed. Instead of filtering the impurities, the poisons, out of the blood, the kidneys can no longer function properly, and the poisons, instead of being converted into urine,

may remain in the blood and be taken up into the system. The poisons may enter every part of the body, affect the heart and circulation. The kidney cells may become entirely destroyed when the victim has Bright's Disease, the worst and incurable form of kidney trouble.

## Positive Relief From Kidney and Bladder Trouble

Don't be discouraged; you can find relief. Thousands have been relieved of kidney and bladder troubles. Be sure you; and if your condition is not too far gone, you can be completely and permanently relieved. Hinkle's Capsules, a physician's prescription. The scientific treatment for kidney and bladder affections. A dependable remedy. Contains only Nature's purest and greatest curative agents. They expel the poisonous impurities from the system. Hinkle Capsules will relieve the condition that exists.

If you suspect kidney or bladder trouble, begin taking Hinkle Capsules at once. This soothing, healing, penetrating remedy has helped thousands who suffered with those sharp, shooting, torturing pains, those burning, scalding sensations; relieved catarrhal discharges, bladder irritation, distress, sleeplessness, depressed spirits. Don't delay a single day. Get them now. Get them from your druggist. If he hasn't Hinkle Capsules in stock, order direct from us. Large box \$1.00. Money back if you are not perfectly satisfied.

HINKLE MEDICAL CO., Dept. A-1, Mayfield, Ky.

**HINKLE KIDNEY and BLADDER CAPSULES**